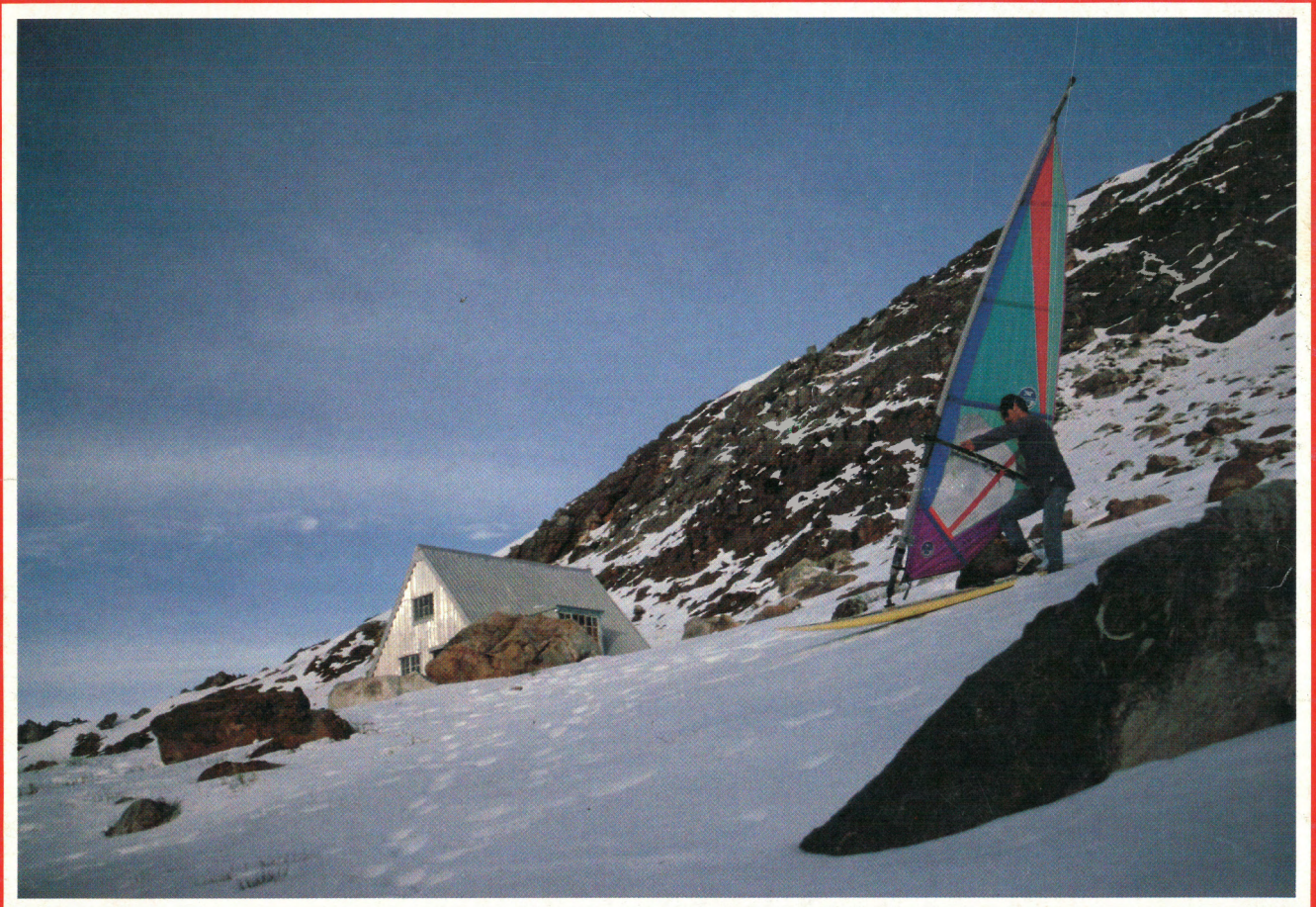


Campus Sport

The official Sports Magazine of the University of Cape Town

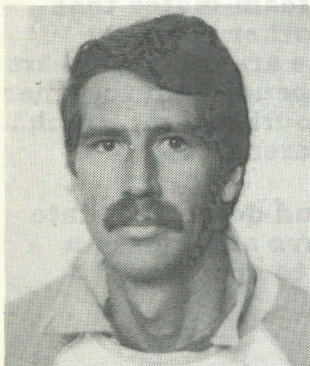


ORIENTATION EDITION
1996

Welcome once again to the 1996 Orientation edition of Campus Sport, the official sports magazine of UCT. This magazine is produced by UCT staff in order to give you as much information about the sport and recreation activities at UCT. 1996 will see many changes at UCT Sports Admin. By the time you read this magazine, your friendly editor would have taken up a new position at the Sports Science Institute in Newlands. Our rugby and cricket administrator has also departed for new challenges and the Head of Sport, John Donald will be the acting head of Student Affairs while Dr Orr is serving on the Truth Commission. In short, there will be a few new faces at Sports Admin. Because of all the pending changes, we have not included our usual staff section in this magazine. Our first year of the new sports registration system has passed and has largely been successful. The Head of Sports Admin summarises the procedure later, but we must stress that students should consider carefully which clubs they wish to join since cancellations are not allowed.

I have been at UCT for the last five years and I will certainly miss my involvement with Campus Sport in particular. In parting, a few words of thanks. To Dorothea Augustine for the typing. To Anwar Jappie and Varsity for making some pics available. To the clubs for getting their articles and pics in on time. To Ann-Marie Browne that helped out in a time of crisis. To UCT Document Management Services and Claude in particular for rushing this through print.

D J Jurgens - Editor



MESSAGE FROM SPORTS ADMINISTRATION

Welcome to UCT sport! The first thing you will notice is there is no teacher in charge of your particular sport or sports. Despite the fact that there is a professional team of sports administrators employed to see to the well being of sport on campus, sport is organised by students for students. Sports Administration works in a supportive role to SASSU-UCT and the Sports Council. SASSU-UCT (South African Students Sports Union - UCT Branch) is the student organisation that

represents student clubs on the Sports Council, which is the highest decision making body for sport and is essentially the interface between staff and students.

Every effort has been made to ensure a broad participation rate in sport and physical recreation. It is important to note that you will not need to pay for recreational use of Weights, Squash, Tennis or Swimming and that you do not need to be a member of a club to participate in the intramural leagues operating in a wide variety of sports. If you do wish to become involved in competitive sport or to avail yourself of instruction and specialised equipment offered by the non-competitive activities, you will need to join the relevant club/s for which you will be charged a subscription. Registration takes place on the Plaza during Orientation/Registration week and must be processed at the club tables. You may at this

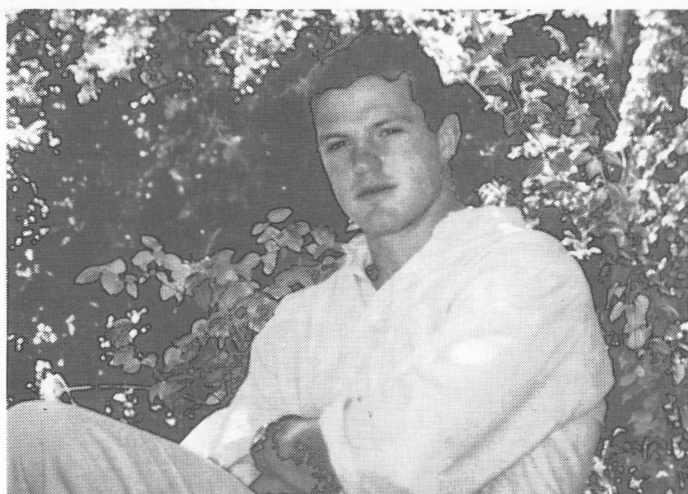
point charge subscriptions to your student fee account.

If you wish to register later this may be done at Sports Administration, but subscriptions may not be charged to student accounts after 31 March. Please remember that cancellations are not permitted so be careful in making your choices.

UCT has a proud tradition of sporting participation and excellence and provides opportunities at all levels of the sport development continuum from physical recreation through intramural leagues and provincial leagues to provincial and national student selection.

Feel free to approach our staff members for any further information and please remember that a balanced university programme includes leisure time activities.

JOHN DONALD
Head - Sports Administration



WELCOME FROM SASSU-UCT

James Winfield CHAIRPERSON

SASSU stands for S. A. Student Sport Union, and at UCT this body co-ordinates the various sports clubs, or codes, as they are also called. It provides representation, funding, and all forms of support to the codes. The executive is a committee of students from a selection of these codes, who work in conjunction with the Sports Council (and Student Parliament) for the creation, development and maintenance of student opportunities in sport.

I d like to welcome all new students to UCT, to congratulate them on their acceptance, and to wish them well in their studies. My job is really to invite all of you to join the diverse sporting community at the university.

On the front page of this magazine is a list of all the sports available at UCT - you

will see quite how diverse this community is. We strive to provide this wide spectrum in order that there is an opportunity for every student at the University to enjoy the type, level, and spirit of sport that he/she would like.

UCT has an extremely fine sporting reputation, and boasts a very impressive record in many disciplines. In many sports, UCT is at the very top of the première league. Even so, it is very important that every new student understands that the emphasis here is not necessarily on excellence in sport, but on an active involvement in a form of exercise that compliments academic study. Every club welcomes students who want to compete at any standard, and most clubs will go out of their way to welcome you into what is generally a very active social life!

There are a number of general reasons that it is a good idea for you to join one or more of our clubs. Firstly, the sports facilities at UCT are amongst the best in the country, and a range of standards, from social to the very top, is offered. Secondly, student sport is cheap - any other league clubs will generally cost you two or three times more to join. Lastly, you will find that student sport is played with a different spirit, there s a sort of natural bond between team-mates that you won t find in any other ordinary league club - hey, these are the best years of our lives, why not spend them together on the sports field... court... turf... track... pool... dam... waves... arena? ?!

So, enjoy your sport and do not hesitate to contact us if you have any ideas on improving our service to sport on this campus.

Intramural Sport

1995 saw a greater emphasis on Intramural activities. The highly successful Inter Residence Soccer Tournament launched in 1994 was extended in 1995 to include netball, indoor and outdoor soccer for women as well as volleyball. Thus the Inter Res sports festival was born. This festival made it possible for the First National shields for men's and women's residence sports to be awarded again. Glen Res won the men's prize and the women's prize was won by Varietas.

Many codes offered some form of Intramural activity last year. These activities have far less emphasis on competition but focuses more on the social side of sport. So if you don't have time to attend club training sessions or you have no interest in high level competitive activity, then join one of the many social leagues which will be on offer by the clubs during this year.

AIKIDO

The UCT Aikido Club begins 1996 with a well established series of events during Orientation Week. Demonstrations on Monday 19 and Thursday 22 February on the Plaza will be followed by a Beginner's Course on the week-end of 24 February in the sports centre Hall Three. There is a R30 fee for this course. There is of course our information table outside the Maths building with a wealth of information regarding the history and art of Aikido, together with videos and books, all presented by enthusiastic club members.

Aikido is one of the many martial arts available at UCT. Aikido distinguished itself primarily by its fluid circular movements and lack of force. This makes it eminently suitable for small people and women, as well as elderly persons. Training gear takes the form of the traditional Japanese gi, otherwise known as a judo suit. Advanced practitioners also wear a black divided skirt known as a *hakama*. Training begins with empty-hand techniques and body evasion

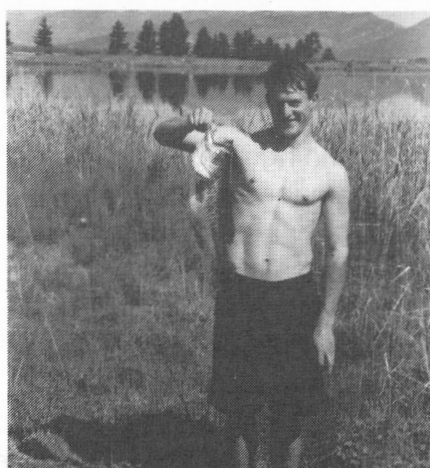
exercises, and progresses to weapon training: the sword stick and knife are among the weapons used.

Aikido UCT is part of a nation-wide and international organisation with its headquarters in Tokyo at the original Aikido dojo. The required annual membership fees for the national body are R100 per year, which covers the international membership as well. Black belts pay separate fees to the Tokyo *hombu* dojo for their registration and membership. UCT club fees are R40 for the year: if students wish to train at the main Cape Town dojo, fees are R80 per month for students, R100 per month for non-students. There are also dojos in Access Park (opposite Kenilworth Centre) and Fish Hoek.

Training takes place in Sports Centre Hall Three on Tuesday and Thursday lunch-times from 12h45 until 13h30, and on Wednesdays evening from 19h00 until 21h00.

List of events for Orientation Week:

Monday 19 Feb
11h00 Demo on Plaza
Thursday 22 Feb
11h00 Demo on Plaza
Saturday/Sunday: 24/25 Feb



0900-16h00

Beginner's Course in
Sports Centre Hall 3
Entrance fee: R30

Contact

ISHMAIL HASSENPFUG
686 9284

ANGLING

The Angling Club is a small and flexible club, and is involved in all branches of angling. We have recently stocked the UCT dam with 700g trout, and only members may (fly) fish for the trout. The club has also recently purchased a flyfishing outfit and a light saltwater outfit, which can be used by its members. This will provide beginners a chance to learn, and also allow those who do not have their equipment in Cape Town to fish here. Highlights of our 1995 year were trips to Stilbaai (rock and surf), Voelvlei (smallmouth bassfishing), Vleesbaai (rock and surf), and to De Mond Nature Reserve (estuary). We also entered a team in the Garden Route Bass Classic held at Groenvlei. In 1996 we hope to repeat all of these trips, and have many other places in mind. The club puts anglers into contact with each another, and thus facilitates a lot of unofficial angling activities too.

Contact

NICK VON BATHORI

650 3554

AQUATICS

If you are interested in competing for UCT in swimming, Synchronised swimming or diving then UCT Aquatics Club will see to your needs. Please come to the Aquatics stand on the plaza during orientation week and find out more. The main competition is the Tertiary Aquatic Games (TAG) at the end of the year where you will have a chance of competing against students from all tertiary institutions in South Africa.

The Aquatics Club runs a *Learn to Swim* programme, for those who want to swim but don't know how. This will begin in the first week of varsity so come and see us on the plaza and join up early if you are here.

Contact
MARC NORTJE

685 4769

ARCHERY

The UCT Archery Club is now entering into its third year of existence. The 1995 committee succeeded in laying down the basic requirements of the sport. We now have ample good quality bows and other sundries which we were lacking in the past.

Last year we reached our target of 50 members. We hope to maintain this level of membership for 1996. The sport caters for those who

wish to take their shooting seriously, and those that don't. Members can come as often as they like.

Attendance of at least one practice a week is advisable. Practices take place on Monday and Wednesday afternoons from 3.30pm. They will be supervised by a member of the archery committee who will be responsible for the equipment and keeping an eye on all the archers. We will occasionally get a qualified coach to take the session. Practices take place in the Sports Centre (hall 1). Outdoor shooting at the archery club in Retreat can be arranged provided there is sufficient interest by the members.

So if you are two minded as to which sports club you are going to join, come up to the plaza during Orientation Week and try it out. We will have a table on the Jameson steps. You will be shown the basics and given a chance to shoot.

Contact
WARREN MARGOLIN

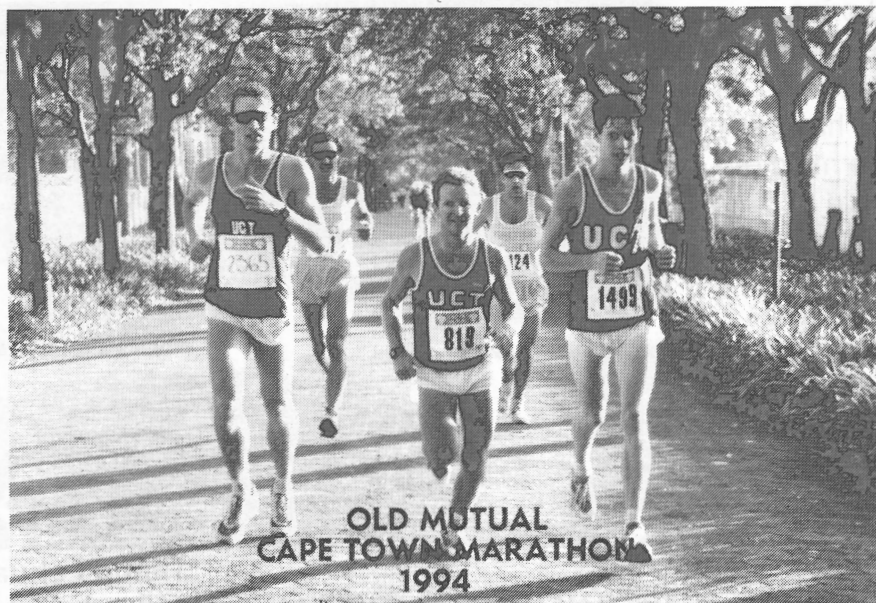
685 1514

ATHLETICS

Running is creative. The Runner does not know how or why he runs. He only knows that he must run, and in so doing he expresses himself as he can in no other way, he creates out of instability and conflict something that gives pleasure to himself and others,

because it releases feelings of beauty and power latent within us all. I believe that we must all find some creative activity in which we can achieve a measure of success. Roger Bannister 1955

Do you periodically feel the urge to jog around the block, run a local fun run or feel the adrenaline rush as you battle for breath, with legs that feel like lead en route to the end of a race? If any of you can identify with these sentiments, then the Athletics club is definitely the one to join. If you run merely to stay healthy or because you have discovered what a rewarding and integral part of your life it can be, do not stay away. Every weekday at 17h15 the club members meet to go for a run. These runs cater for all those people identified above. It would really be good for you and for all of those already involved at the club to have more people with whom to share their joy of running. Running has been central to the success of many great people and there is no reason why it should not hold the same benefit for you. If you are not yet aware of your potential in the running fraternity, William Sheldon (1945) suggests that runners are often overly concerned about their physical health, have poor sleeping habits, chronic fatigue, daydream often, are absent minded, procrastinate, have an inability to make decisions and are constantly trying to understand the riddles of life. If any of this sounds familiar, come and join the rest of us who suffer the same



BADMINTON

UCT has some excellent Badminton facilities. Although not deserving much media support nor sponsorship in South Africa, badminton is nevertheless tremendously popular across the world particularly in Asia. The sport requires great speed, fitness and agility but can nevertheless be enjoyed by all. We had a very active membership last year. Whether we play in the WP league this year will pretty much depend on whether we have sufficient players wishing to compete at this level. The club is open to everyone, irrespective of competency or ability. Practices will be held on Tuesday evenings but for all club members the nets are available at all times.

Contact
PAT WILLIAMS

650 3557

BASKETBALL

The UCT victory over Saints in Men's Western Province 1st league marks the latest giant step in UCT Basketball. Basketball in UCT has escalated over the last few years, along with growing interest in the sport all over South Africa. UCT now has 5 men teams and 2 women teams in the Western Province league, as well as an internal league to cater for those who play the game socially. The sport Centre has 3 full sized courts to support these teams and provide a place where individual players may hone their skills. The club has many talented players our teams are always successful in the Western Province league. Many of the players are also exceptionally talented and 3 of our players represented South Africa at the World Student Games in Japan in 1995. Two UCT players played for the Cape Town Cougars in the professional league. The club holds a number of social functions throughout the year

problems. The Athletics club has helped hundreds of people to meet challenges, set by themselves or others. Our training sessions vary in difficulty, and are supervised by our two coaches Chris Sole and James Evans. We have a very enthusiastic committee who will advise you with any athletic problems. The club offers all three athletic disciplines, track and field, cross country and road running. So whether you want to run 100 metres or 100km, throw or jump, the UCT Athletics club, is the place for you.

(Our thanks to Prof Tim Noakes for the quotations from The Lore of Running, the runner's bible.)

Contact

GARETH LAWRENCE

689 4924

NIEL SAXBY

689 4721

PAUL EVANS

689 4721

as well as an annual prize giving dinner at the end of the year where all the players in the club are invited to have a grand evening. In the middle of the year, the we hold a basketball extravaganza. This features 3-on-3 competitions in various age groups, 3 point and half court long distance shoot out, slam dunk competitions - all with great prizes to be won - as well as various coaching clinics to harness players skills in the Cape Town area. Our players coach and assist school teams all over Cape Town, and we have been instrumental in starting a basketball club at St George s school last year.

If it s a strong lively club you re after, join UCT Basketball Club

Contact

LLOYD TOOKE

75 3309

MIKE PROBYN

685 5590

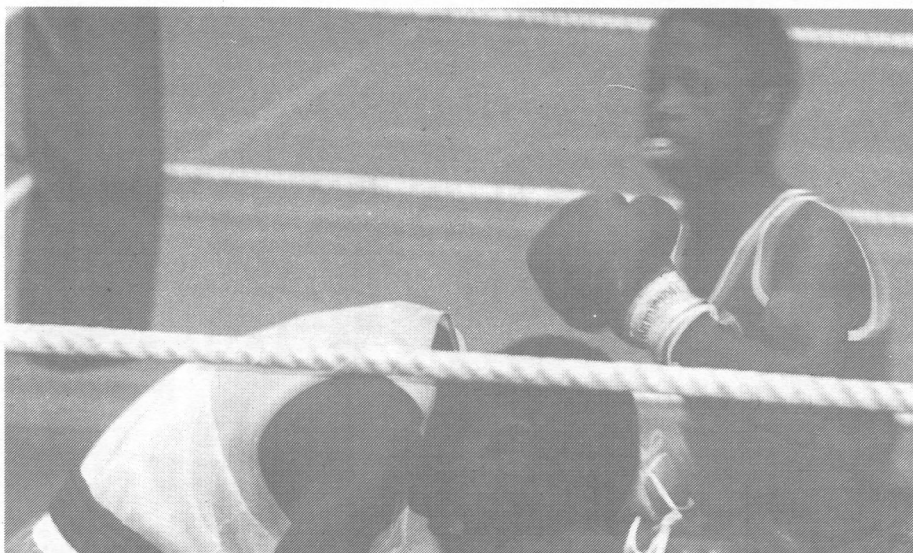
BOXING

Boxing has resurfaced at UCT during 1995. Training sessions occur regularly at University House and a few tournaments will be staged during 1996. If sufficient participants can be found there will also be an inter-tertiary competition in July.

Contact

JOHN DONALD

650 3563



CHINESE WUSHU CLUB

Unlike most martial arts, the internal (or soft) techniques practised by the Wushu Club do not depend on muscular strength. The secret behind the power of internal systems lies in the cultivation and practical application of internal energy, or chi. There are basically three internal martial arts: tai chi, already fairly well known, and hsing i and pa kua, both relative newcomers to the west. Although all these are not essentially 'fighting' arts, they are devastating as systems of self defence.

Tai chi chuan

Tai chi is an ancient Chinese exercise that stresses health and self defence. It is based on the Toa, or natural law. For hundreds of years, the Chinese have been doing this in their everyday life to be healthy, to centre themselves, to harmonise their mind and body, to be at peace with themselves and with others, and to obtain longevity.

Hsing I chuan

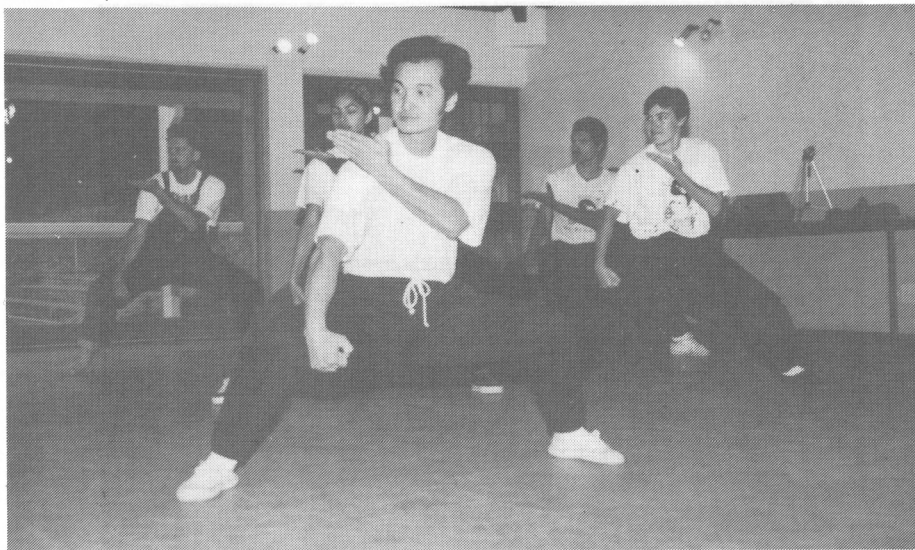
Hsing I chuan is an explosive Chinese martial art based on the traditional five elements (wu hsing): metal, wood, fire, water, and earth. Each of the elements has a relationship with an internal organ; when one practices hsing i chuan, benefits include not only self defence skills (which are very effective) but the exercise of the corresponding internal organ.

Pa kua chang

Pa kua chang is the internal martial art with a strong circular basis. Footwork is characteristically evasive, movements twist and spiral, and the hands remain open never clenched.

The popularity of the UCT Wushu Club has grown remarkably since the club started officially teaching internal systems for the two vital aspects: health and self defence. The club is not competitive, but is active in the development of Chinese martial arts (life tai chi chuan, hsing i chuan, and internal shoalin chuan).

For the past three years, we have been lucky to have a coach, Micheal Lan, a



knowledgeable martial arts teacher and a practitioner of traditional Chinese medicine. Micheal Lan is a disciple of the great master DR Feng Choa Lin. Both Micheal and Dr Lin are active in promoting internal Chinese martial arts among their students and the wider community.

Contact

MICHEAL LAN

685 6933

NIEL GRIFFIN

650 3402

HEATHER SHERWIN

650 4090/61 8157

GRAIG MCLUCKIE

686 3449

CRICKET

UCT ranks as one of the top clubs in Western Province. A quick glance at the current WP teams will show at least five current or ex UCT students. We have top quality facilities and we always employ top class coaches. Our main oval is the Groote Schuur Oval (just below Woolsack Residence) and we have a second pitch

at the soccer field on Rhodes Recreation ground. We have entered four teams, including a Colts XI. The Colts team consists exclusively of first year students and is an excellent means of entering the club. The Colts play between four and five games in the first term against school first teams and invitation teams. The UCTCC prides itself in the spirit with which we play Cricket. Under the guidance of West Indian coach, Emmerson Trotman, each player is expected to make a full commitment to achieving optimum results. Nothing less than 110% effort is required at practices and on match days. The club however does not only excel in cricket. The club pub has been the scene of numerous memorable parties. It is not unusual to see the playing of winter sports such as tobogganing and rugby on a Saturday night at the Oval. Events to look forward to this term include a sundowner party during Orientation Week, the annual 6-a-side tournament, Intervarsity against Stellenbosch, and the Club Dinner. So come on all your cricket enthusiasts, even

if you're new to the game, join UCT Cricket Club.

Contact

Emmerson Trotman

650 3555

CYCLING

The UCT cycling club is geared primarily to support the competitive cyclist, both in road events and mountain biking. The focus of the year is the annual SASCA (South African Student Cycling Association) championship. This year this tournament is being hosted by the University of Pretoria. This does not however mean that we ignore the social cyclists. Over the past years, participation in club events by social cyclists, especially mountain bikers have steadily increased. This year we are determined to maintain this increase in social participation, while maintaining our high standards in competitive cycling. The club offers a range of support to all members. Transport is organised to and from road and mountain bike races. A seconding vehicle can be provided for road events on request. Our club coach is available to all members for advice on training and fitness, and regular seminars are held throughout the year. These seminars cover common cycling topics. The UCT RAG Fun Ride, organised in conjunction with Rag, occurs annually in September. All funds generated from this

event go to SHAWCO. Communication with club members is primarily through the notice board in the Student's Union. The club also produces a quarterly newsletter, University Cycle Talk. This newsletter reports back on all club activities. A list of committee members and their portfolios is posted on the notice board.

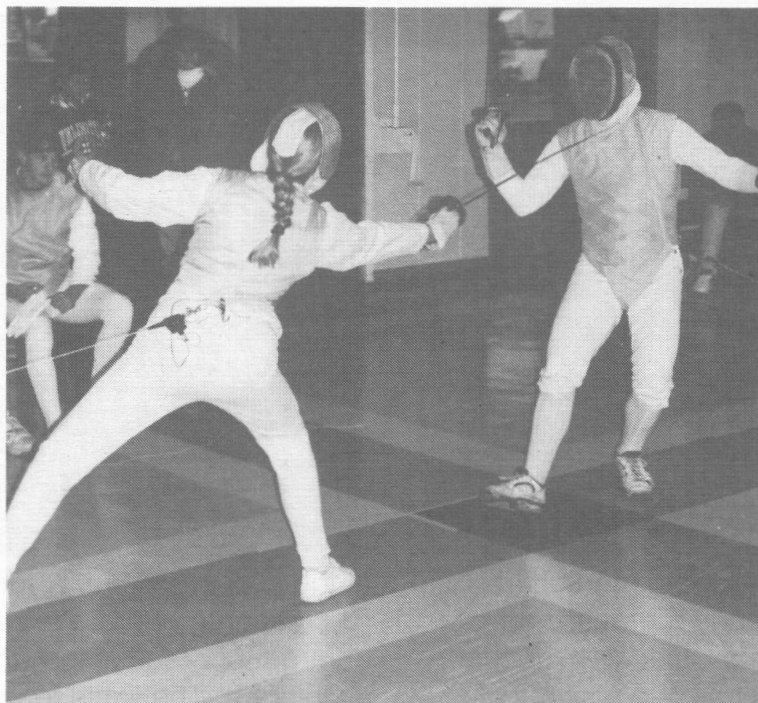
Contact

PETE MCLEISH

790 5253

MICHELE BUCHANAN

448 1817



FENCING

Does the idea of duels in the setting sun, the sound of blades meeting on sun-soaked beaches appeal to you? If so, fencing is your sport. UCT Fencing Club offers tuition for both novice and advanced fencers. Furthermore, we provide all equipment, mask, jackets and of course, blades. We are affiliated to both national and provincial governing bodies and regular competitions are held at both levels, giving you the chance to match your skills with other fencers throughout the country. For the less competitive fencer there is the opportunity to learn an old and graceful art. So, what is left for you the new fencer to do? As in any sport practice is essential. We practice twice a week, Monday and Wednesday evenings, competitions are held on

weekends. We would encourage you to attend all practices as it will definitely enhance your enjoyment of the sport. On a more social note, the club holds as highly important its recreational side, so whether it's fencing on the beach or flattening the Cape's wine routes, there's no shortage on the social aspect! Interested?

Contact

GORDON WEBBER

531 9749

MARK BURGESS

689 3852

GOLF

The UCT Golf Club has throughout the years been a very successful and active club. Over a hundred members signed up last year. Golf has become a very social and fun sport for students.

The Club uses Rondebosch, Mowbray and

King David Golf Clubs as their home clubs. At these courses members of the UCT Golf Club receive special student rates. The club organises many tournaments at courses all over the Cape during the year. The three major tournaments are the Freshers Strokeplay, the UCT Club Championships and the American Scramble. This year we will be introducing a handicapping system for members that are not members of any local clubs.

The UCT Golf Club also caters for the more serious golfer in that we take part in a few competitive events during the year. The Trivarsity event against Stellenbosch is contested eagerly each year as well as the SASSU Intervarsity held around the country in December. The Golf Club has also in the past years sent representatives to the World Universities Tournament held at St. Andrews in Scotland.

The Golf Club welcomes all golfers from beginners to aspiring pros as fun and



companionship is what we are trying to achieve at this club.

Contact
DUNCAN WOOD

6864793

GYMNASTICS

As you somersault your eyes across these words, perhaps there are the usual thoughts that may be lurking in your head:

Gymnastics...hmmm... sounds life fun; I could never do that sort of stuff, no way; too much like hard work, and aren't they awfully serious people?; I've never done it before, and I'm too embarrassed to make a fool of myself.

Well wonder no more. The Gymnastics Club is for everyone, that means YOU! (Unless of course you have cancelled your membership to the human race, and that probably means that you already a member of the UCT Gymnastics Club).

A priority of the club is to have fun while exercising.

We teach you new things to do with your body and we would like to expose the sport too as many people as possible. We managed to accomplish this with some degree of success during 1995. We compete in competitions around the country, and in 1995 we came 4th from a field of 10 at the South African Tertiary Gymnastics Competition in Durban. Not bad considering that 5 of the 10 gymnasts that competed for us were complete novices at the beginning of 1995. The rest of the team were veterans of only 1 to 2 years experience. We also came 2nd in the Triversity competition (from 3), but we have fun, oh yes.

So if you're the sort of person that is sick and tired of conforming to Newton's Law of Gravity, and wouldn't mind a go at a trampoline, or a frolic in the pit (large pool type - thing filled with chunks of sponge into which gymnasts throw themselves), then you are suppressing an eager gymnastic urge. Release it! Set it Free! Start gymnastics and enjoy a sport that gives you a complete workout without the Good grief, that girl has worn that leotard

twice this month (to be read in high, nasal, kugel way) with great people, in a relaxed atmosphere, under the guidance of fantastic coaches.

Contact
ALLISON BERRISFORD
794 5870

HANG-GLIDING

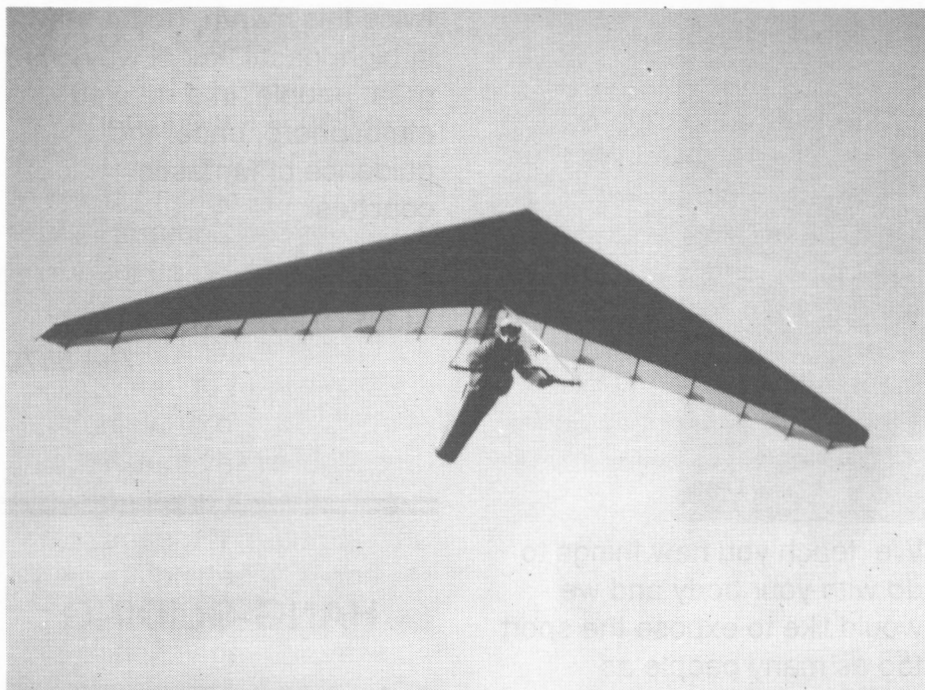
Hang gliding is a small yet dynamic club. We offer students the opportunity to experience bird-like flight, for very little expense. This is the most exciting form of aviation there is.

1995 was a good year for the club. A number of new members completed their student licences and graduated to actively fly the club's gliders at local sites.

The club funded new equipment, league transport and various gear. In December 1995 the club is sent a team to compete in the SA Nationals at Botshabelo - the first university team to compete officially in a National hang gliding championships in recent years.

Other highlights of the year include: club chairperson John Stuart set a cross-country site record at Koringberg of 55km, he also set an altitude gain record at Paarl Rock of 5000ft and came seventh in the 94/95 WP cross country league.

So how does one get into hang gliding at UCT?



Once a member of the club, a student is eligible for a discount on training for their student licence. Students are placed under the supervision of a licensed instructor, they write an exam and pass practical tests, before being allowed to use the club's gliders and harnesses. The buddy system is very important in hang gliding, with more experienced pilots assisting newer pilots through the intermediate stages. Club members join up with other WP pilots to fly sites such as Scarborough, Sir Lowry's Pass, Blouberg Hill, Dasklip Pass and others. Club members fly almost every weekend, and we are active in developing and maintaining local sites. We interact with provincial and national bodies to ensure safety, good public image and airmanship. Hang gliding is a way of life, embracing good flying, good friends, the great outdoors and great exercise. So if you've always wanted to fly like a bird ...see you at Fresher's Week in 1996. Just

look out for the rigged hang glider (can't miss it actually).

Contact
JOHN STUART

439 7369

HEALTH AND FITNESS

The Health and Fitness Club, one of the most popular clubs, has aerobics and circuit training sessions at lunch times (Monday, Wednesday and Friday) from 12h40 to 13h20. Aerobics classes are also held on Tuesdays and Thursdays from 07h00 to 07h45 as well as Thursdays from 16h00 to 17h00. Aerobics classes are held in Hall III, and run by qualified instructors who cater for various levels of fitness. Biokineticist, Steve Burden, runs the circuit training sessions held in Hall I on Mondays, Wednesdays and Fridays from 12h40 to 13h00.

Members of all ages, shapes, sizes and fitness levels are supervised and have their heart rates monitored. Each person is able to exercise at their own pace level, but all are encouraged to improve their condition.

Contact
Steve Burden

650 3562.

UCT SPORT INJURIES CLINIC

The Sport Injuries Clinic is staffed by seven physiotherapists. Four therapists have specialised training in the rehabilitation of sports related injuries.

THE STAFF FOR 1996

Helene Simpson is heading the dynamic team of physiotherapists. She has a special interest in spinal complaints and is giving back classes to strengthen the so-called weak back.

Dave Riddell is currently working on his Masters, investigating the treatment of sprained ankles.

Janine Milligan is also working on her masters, investigating back pain amongst athletes and specifically cricket players.

Marne de Klerk has exceptional knowledge in running and overuse injuries relating to this sport.

Judy Nichol will assist on a session basis and will give specialised attention to hand and wrist injuries.

Brad Fyvie will be co-ordinating on-field physiotherapy and first aid services at the UCT Rugby Club.

Marianne Parsons is joining us from Gauteng and she is brimming with enthusiasm.

BIOKINETICIST

Steve Burden is a biokineticist working in the clinic. He will provide clients with a rehabilitation regime following an injury. He is also qualified to compile fitness regimes for students wishing to get fit and or improve their performance.

EDUCATION

A regular column in the Varsity Paper will keep you up to date on the latest training advice. The articles are compiled by our physiotherapists.

DOES IT COST MONEY?

All treatments at the clinic are charged for. The fees are according to the scale of benefits (medical aid tariffs). This is the minimum charge for treatment. Students can claim from the UCT Accident Insurance system. incurred whilst participating in a UCT organised activity.

WHERE, WHEN CAN YOU FIND A PHYSIOTHERAPIST?

The clinic is located in the SPORT CENTRE.

Hours: Weekdays from 7h30 to 16h00.

Contact

SHIRLEY COLLYER

6503560 & 6504066.

JUDO

The UCT Judo Club is small yet active. We train in the martial art of Judo. Judo, means the gentle way in Japanese. It is a full contact sport for men and women that keeps you fit in mind and body. The club caters for beginners to white belts, through to second Dan black belts. The emphasis in our training sessions is on enjoyment and relaxation with enough discipline to attain the required fitness standard to prevent injuries. Judo is a recognised form of self-defence, and part of our training sessions are put aside to learn these particular techniques. Primarily though, Judo is a sport, and individual as well as team contests are entered into on a regular basis. Teaching thus centres around formal techniques and their competition variations. Our coach is Umberto Masconi, 5th Dan Kodokan. He is very approachable and is enthusiastic about getting beginners into the sport. To this end, we run beginners classes for the first six months of each year, by which stage beginners will be ready to train with the seniors. We train twice weekly on Tuesdays and Thursdays, in Sports Hall III. If you have any questions feel free to contact the committee members.

Contact

SONIA MICHAEL

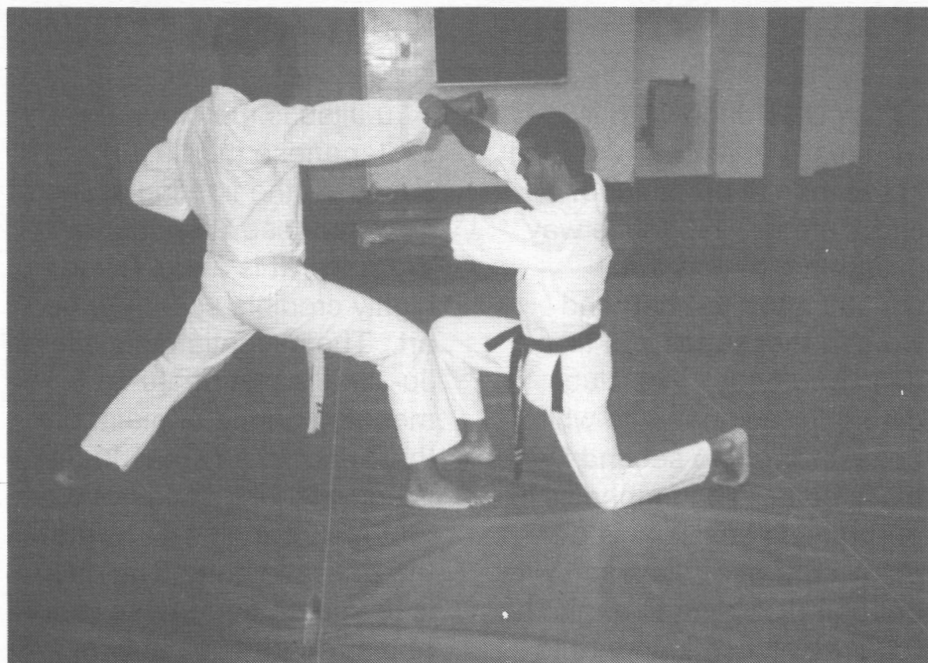
448 7153

DIRK GROBBELAAR

794 2027

JU-JITSU CLUB

Ju-Jitsu is the original Japanese martial art based on the fighting styles of the Japanese Samurai Warriors. It is an all round, highly credible self-defence art. The essential principle of Ju-Jitsu is that of 'Ju-', meaning gentle or plain, but that is not to say that Ju-Jitsu is soft or that it does not work on the street. It means that the principle behind Ju-Jitsu is to use an opponents weight and strength against him, rather than trying to match your strength to your attackers. Ju-Jitsu as an art encompasses all elements of fighting, from punching and targeted striking to throwing, grappling and ground work. The main idea is a system that is not flashy or incredible, but a basic system that works practically when you need it in a self-defence situation. The UCT Ju-Jitsu Club is taught by Professor C.B. Gaven who holds an incredible 9th Dan in Ju-Jitsu (one of only a few in the World!) and a 4th Dan in judo. The classes are aimed largely at the beginner, with the essential thrust being to build up the balance, co-ordination and ability necessary to defend oneself. The club holds regular classes on Monday and Wednesday evenings and has practice sessions on Saturday mornings. We also have a number of other events on our calendar, including day long Gashkus (intensive training sessions where more advanced techniques are taught), video evenings



where some fun movies as well as training videos on Ju-Jitsu are shown. We also have several other social events planned. We are also looking to the possibility of taking a team to Johannesburg to meet and train with some of the clubs up there. At the end of the year we are hoping to host the annual South African Ju-Jitsu Association Dem, an evening of competitions, demonstrations and other Ju Jitsu activities. The road to a Ju-Jitsu black belt is not and easy one. It takes courage, determination and will power, as well as many hours of dedicated practice and effort. But it is a highly worthwhile endeavour that not only gives you the basis of a strong realistic self-defence aura, but builds one up both physically and mentally.

Contact

GILES PEMBLETON

475 110

GLEN JONES

616 997

KARATE SHUKOKAI

If you don't know which of the numerous martial arts to join, your search has come to an end. Everybody is welcomed into this popular and well organised code. Beginners are especially catered for and we hope that there is as high a proportion of new members to the code this year as in previous years. Shukokai is one of the four major international karate styles and is non-contact in nature. 1995 was an exceptionally good year for the Shukokai. The code attracted many new members at the beginning of last year. Owing to the high proportion of junior grades it was decided that a separate class would accommodate them to ensure that everybody received the necessary attention and tuition. In addition, the higher grades were encouraged to train more often in the second semester by attending classes at the Claremont and Gardens Dojos. Classes are

formal and encourage the spirit of discipline. Students are taught the various stances, strikes and kicks, and these are consolidated into Katas. Randori (sparring) is also an important exercise and helps to build confidence. Students grade twice a year where they are awarded belts: white, yellow, orange, green, blue, purple, brown (three levels), and finally, black. Classes commence during the first week of term. Initially, all one needs to train in is a tracksuit, but gis (karate suits) may be bought from the Karate Code before the first grading. Classes take place twice a week and students are encouraged to attend both sessions.

Contact

NKOSINATHI BHUKA

47 1017

BRADLEY

64 4215

KARATE - ZEN

Karate Zen was founded in 1982 by a group of dedicated Black Belt holders headed by Sensei Johan Roux (5th Dan).

The style of karate practised is Okinawan Goju-Ryu. During the 1950 s, Okinawan karate was taught in a traditional way as an art of self-defence. The karate masters upheld the old karate values and standards and placed great emphasis on Dojo Kun (etiquette). They took pride in patiently teaching their national art to



Steven Evans – (UCT Hockey Club) Sportsperson of the Year 1995.

Okinawans as well as Westerners. Karate was presented in a dignified, strict manner. To a Westerner it appeared fascinating, challenging, and mysterious.

The UCT Karate Zen Club continues this tradition. A Goju-Ryu session will consist of: warm-ups, stretching, kikon (basics i.e. punching, blocking and kicking), kata (forms), kumite (points fighting), randori (sparring) and kobudo (weapons).

There is a saying that goes 'Bun Bu Ryu Do'. Bun means academic study. Bu means the martial arts, Ryu means together, and Do means way or path. Therefore, if you only practice karate and neglect other studies you will fail to find the true or correct way. Or more literally, academic study and karate together will lead to the right way.

1995 was a good year for Karate Zen. Two students Sifiso Khoza and Maxisole Nkumbesi won gold medals at our National Championships;

Sifiso Khoza won bronze at the University Tournament.

Classes are held weekly (Tuesday and Wednesday) by Sensai Kamal Hamdulay (2nd Dan).

Contact

Kamal Hamdulay

6964091

MENS HOCKEY

The Men's Hockey Club welcomes all new students to UCT and hopes you have a great Orientation Week. Don't forget to visit us on the Plaza during Fresher's Week! UCT Men's Hockey boasts one of the biggest clubs in the Western Province, with seven sides entered in the local leagues. The 1995 first team fielded numerous National and Provincial representatives. Our sides rage from the first team playing in the Grand

Challenge League, having won the league three times out of the last six years, to the seventh side who play in the 3C League. We are privileged to have three full time coaches ensuring practice times are well utilised. This includes the services of Graham Bradfield, who is the National U21 coach, who runs the first and second terms. We are one of the fortunate Universities in South Africa to have their very own sand based artificial Turf. The new clubs house will be built by May 1996. The outdoor league gets underway in April, while provisional training dates will be set for sometime during March, on Mondays and Wednesdays from 17h30 onwards. Everyone is more than welcome to attend. We have introduced a few social to the hockey calendar. New members can look forward to a quite few hockey functions. We look forward to meeting you on the Plaza during

Fresher's Week, and on the Oval later on.

Contact

JO HENDERSON

689 3047

KATHY BATEMAN

689 8691

MOTOR CYCLE

Motor cycling is a small but very active past-time at UCT. Although we don't race, our fun-rides are not to be missed! There are regular Sunday morning breakfast runs and the club assists with petrol money.

Contact

JOANNA WILKINS

531 3495

CARA WINTERBOTTOM

685 7153

MOUNTAIN AND SKI CLUB

Club of the year 1991, 1993.

Well, just in case you hadn't noticed, this is Cape Town and along with that deal comes the inevitable fact that you're in the Cape. OK, right, there are beaches, sure, great waves, nice waterfront and oh yeah, an excellent university. Now what makes the Cape particularly attractive is the fact that there is the most dynamic club right here at your university to get you to the best parts of the Cape - THE MOUNTAINS.

The UCT Mountain & Ski Club has been around since the 1930's and ever since it began, the range of activities has been increasing enormously. We now find ourselves in the midst of the explosion of one of the newest sports in the world - *Sport Climbing*. We also keep ourselves at the cutting edge of conservation, if you'll excuse the pun.

Our club has the privilege of being custodians of **ZUURBERG**, the largest, highest, driest, wettest, coldest, hottest and most awesome part of UCT campus. We have three huts near the top of this piece of mountain land near Ceres, which is a focus for much of our activity. It is on this land that we ski in winter and kloof the magical Witels in summer. We also have 2 excellent indoor climbing walls, one of which is a focus for some of the Cape Town climbing community. We have a store room in the Sports Centre where there is a large array of hiking and climbing equipment for loan to our members.

I suppose we might as well attempt a list of activities here, however, as you can see from the cover of this magazine, there certainly are unexpected things that our members get up to!

So, this is what we do:

- walking
 - hiking
 - kloofing
 - mountaineering
- (all quite different actually)
- indoor wall climbing
 - sport climbing
 - rock climbing
 - pine hacking

- path building
- snow skiing
- grass skiing

partying in our hut which inevitably involves sampling successive vintages of Bergsig Port.

We also have weekly socials during term time - these are usually fascinating and/or funny slide shows of outdoor, mountaineering and cultural interest by members and non-members. The first three terms of the year also feature our famous parties: the Cheese 'n Wine, the new Barn Dance and the never to be missed Cocktail Party.

And if you're wondering where we do what we do, well here are a few places: ...all around the Cape (Cedarberg, Hex, Boland, Langeberg, Outeniqua, Tsitsikama...), Drakensberg, Transkei, Fish River Canyon.

Two of our members have recently been to climb Aconcagua in South America, although only one team made it to the top. We sponsored them R1000 each.

For our slide shows on Wednesday Evenings at 8pm, we use the North Council Room in the Sports Centre.

The Mountain & Ski Club has quite a lot of tradition that we feel we must maintain. If we could give you the essence of our tradition in a word, it must surely be **ENJOYMENT**: - after the scratches, the blisters, the biting cold, the over pumped arms, the gluvine overdose and the test after the weekend, **WE HAVE FUN!**

We have a noticeboard, at the University Avenue Level (the bottom) of the Students Union, which is a centre for

operations and here you can find just about any info that you need, especially phone numbers, to get you involved with our club.

Contact

ROGER DIAMOND

650 3496

NINA VEENSTRA

794 1044

NETBALL



Netball is the largest women's sport at UCT. After some years of absence, UCT has at last won some silverware during 1995. Our first team won their division and will be promoted to the second division. Practices are held twice a week at our courts behind the Bremner Building. Coaching is provided to all members.

Contact

MAIRA TLHAGALE

686 1636

BRITT NIELSEN

685 5111

ORIENTEERING

It is said that if Cross-country is 'thinking man's running', then ORIENTEERING is 'thinking man's cross-country'. It is a sport which blends both physical stamina, and mental skills and accommodates all levels of physical fitness.

The orienteer moves through unfamiliar terrain, with the help of a map and compass, choosing their own

different courses being offered at any event. Within each course, it is the person finding all the controls in the right order in the shortest time who wins.

Orienteering does not require expensive equipment or special gear. A colour map of the area is included in the event fees (which are minimal for club members), and an orienteering compass is only required by the most experienced, competitive orienteers. Although this sport has quite a small following in South Africa, it is nevertheless lots of fun. Why not try something different, join the Orienteering Club.

Contact

TOBY MILLS

531 2607

COLIN DUTKIEWICZ

686 4203

PISTOL AND RIFLE

1995 was a most successful year for the UCT Pistol and Rifle Club. Our membership has TRIPLED in the last year from 69 members to 185 members. We have achieved our goals set out at the beginning of last year and we hope to accomplish even more in the near future. The club offers firearm training courses and regular club shoots. We are members of WP Pistol Association and participate in many competitions. Transport to and from the shooting ranges are available.

REMEMBER: YOU DON'T
NEED TO OWN A FIREARM
TO BECOME A MEMBER!!!
Please, DON'T DRINK AND
CARRY!!!

Contact

MUJAHID SOLOMONS

733 568

MABANDLA KELENGESHE

633 1243

ROWING

1 1995 was a successful year



for the UCT Rowing Club. The influx of new members and the development of the club as a whole, created an enthusiastic vibe which lasted the duration of the year. Our club acquired a new John Waugh Eight as well as sixteen new Cleaver Blades, which has given the club a competitive edge. In order to discard the view that rowing is a elitist sport, the club has continued its involvement in



the development programme Grassdale Secondary School. We hope to maintain, and improve our level of rowing in 1996, in all the forthcoming regattas, through training programmes and several camps held at Misverstand Dam.

Join the Rowing Club and be part of the competition, the challenges, and the partying.

Contact

RICHARD RIVETT-CARNAC

685 3051

BRETT CAMERON

790 5060

RUGBY

UCT RFC is one of the Première Clubs within the Western Cape as well as nationally. The club will once again challenge for the WP Première League Rugby Club title for 1996. UCTRFC is the oldest University Rugby Club in the country. We have produced the second most number of Springboks. 1995 was a highly successful year

and we are ready to tackle (pardon the pun) 1996 with a vengeance..

The Club has six open sides, two of which are old boys teams, an u21A team and three U20 teams, and the season runs from April to August. Practices are in the evenings (two or three a week) and matches on Saturdays - so there is no danger of disrupting an academic schedule. The Club is fortunate enough to have its own Clubhouse and Pub which is fully operational and licensed to sell liquor, which it does at frighteningly low prices!

UCT Rugby is well-remembered by anyone who has played in the blue-and-white jersey - for every Varsity team seems to have a spirit amongst its players unlike any other club. Many players at other clubs are quite unsatisfied with the administration, policy and spirit at their respective clubs, and are quite envious of their competitors at this the University of Cape Town Rugby Club. If you have a skill, or even just an interest



in the sport, don't hesitate to join us.

Contact
DOUGIE BOYES
794 5293/762 0105

SKYDIVING CLUB

If you've ever dreamed of human flight, then the UCT Skydiving Club is for you. Skydiving is a multi-faceted sport which includes many different disciplines. These include freefall formation skydiving, canopy formation flying, accuracy, freestyle and skysurfing.

Formation skydiving involves flying relative to other jumpers to build formations. This is still the predominant competition discipline.

Formations can range in size from two, to more than two hundred people. Canopy formation flying involves skydivers stacking their

canopies to build formations, while accuracy is where one attempts to land on a target. Freestyle and skysurfing are the newest disciplines in skydiving and include gymnastic manoeuvres while freefalling at speeds that can exceed 300km/h. The sport of skydiving has become relatively safe, due mainly to advances in equipment, as well as in training techniques. The UCT Skydiving Club owns equipment which is available to its members. We usually jump at the Cape Parachute Club in Stellenbosch or Western Province Sport Parachute Club, situated in Citrusdal. Both these clubs offer first jumper training of an excellent standard, as well as advanced instructions in the various disciplines of the sport. In addition, both clubs organise many social events throughout the year. The UCT club also offers various subsidies to help its members.

Contact

JEREMY JOUBERT
761 2112(H) or 406 6283 (W)
LYNN GEATER
438 9205(H)
MARIANNE MCKAY
696 1897(H) X2329

SOCCER

The UCT Soccer Club is one of the fastest growing clubs on campus. 1995 was a highly successful year, with the 1st team winning the SASSU Regional tournament, reaching the semi-finals of the National Games in Port Elizabeth and finishing fourth in the Cape Town Tygerberg league. On the women's side, the UCT team reached its best ever position, finishing 7th in the Western Province Women's League. Of particular pride was the selection of five of its members to represent Western Province squads. These achievements led to the club being nominated for the SASSU-UCT Club of the Year, and Team of the Year awards respectively.

What does the soccer club offer? The soccer club has three teams registered in Cape Town district leagues. These consist of two men's teams and a women's team (affectionately known as Mashoabana). The men's teams are coached by former Cape Town Spurs player and coach, Abe Wymers. Under his guidance, UCT first team has achieved a remarkable measure of success in short

period of time. The women's team is coached by Eugene Gino Sirmonpong who has transformed Mashoabana into a real force to be reckoned with. Mashoabana is looking for talented, dedicated individuals to boost its strength. First-time players are invited to join.

Centre reception. Here's to a great sporting year in 1996.

Contact
THABO MASHOLOGU
448 0700



*UCT Squash Club – Club of the Year 95 Men's A Team –
 Butterworth Cup – Team of the Year.*

The team trains twice a week and plays on Sundays. The soccer club also offers a thriving internal league programme. The league is divided into two divisions, with a total of 32 teams currently competing. Plans are in the pipeline to establish a women's internal league. In addition the club hosts a number of internal and external tournaments. With the growth in popularity of soccer amongst women, women's tournaments will be run concurrently with established competitions.

Registration with the club will take place during Orientation week on Jamieson Plaza or at sport

Squash

During 1995 UCT Squash Club has achieved the unthinkable. The Club not only cleaned up all the major awards on campus but also at the Tertiary institutions level. UCT has won the mens and ladies sections of the SASSU Universities tournament for the last three consecutive years. At the highest level of competition we have done it all. Our focus for 1996 is twofold. Firstly, we want to improve on last years successes at the highest level and secondly we would like to increase the involvement of all the members regardless of

their level of squash, participation and competitiveness.

We have a few ideas on realising these aims. During Orientation Week we will be staging a Ranking Tournament for all members. (Incidentally, all members must register at the beginning of the season, some members are still under the impression that they will automatically be re-registered) Three times a week the Club Captains, Scott Rickard and Bev Ireland will take the members on a fitness run. Coaching clinics will also be offered for all registered members. This year also marks the first time in the last seven years that we will be having only one 1st League side in the Squash Western Province League. This will hopefully create a progressive domino effect that will strengthen the rest of the sides. We are also going to have fewer sides in the league but this will be coupled by attempts to strengthen the Internal League. The internal league will act as a feeder league sides, this way we will be able to save on league fees and also build up competition for positions in the league sides.

For the last two years the club has been extremely active in the Development Program of WP Squash. Every Friday, five UCT students coach about 60 school children from Gugulethu and Langa townships. This program has grown to be the largest program of its kind in the country and we as the Committee are intent on



sustaining this program. Our long term goals, which extend further than the life span of this committee, are to see these communities start their own Squash Clubs and start producing Provincial players. To start them off we will enter two sides in the internal league.

Last year two UCT students, Scott Rickard and Doug Jones, undertook a 60-hour nonstop Squash Marathon. This turned out to be a huge success and it drew a lot of local celebrities and sponsorship. Some of the funds raised were to the Red Nose Day Foundation. We are currently looking for two new students to try and better this record this year.

On the lighter side there will be League players meetings, free drinks for Friday coaches at the Club Pub, Happy hours, the UCT Invitation Tournament and of course the South African Universities to be hosted by the University of Pretoria this year.

Squash has been admitted into the World Student

Games Tournament that is held bi annually and next year Holland will host this tournament. UCT has in the past provided the bulk of the SA Student s side, and we hope this year will be no different.

Contact
ZUKO KUBUKELI

685-7541

SURF

Welcome to UCT Surfers. New in town? Wanna make friends with people who surf? Or just stoked on surfing and wanting to improve? Well, joining the UCT Surf Club is the best way to start. Club members enjoy regular lifts to the beach, contests and infamous parties. Members also receive a discount on repairs at Waterseal Glassing, and they have access to our surf video library, with all the hottest new releases. You'll score epic waves on our surf trips

up the coast, and on our legendary annual pilgrimage to Jeffrey s Bay and Seals in July.

We hold surf contests in the 1st semester, to select a team for the National Surfing Tournament at Seals in July. Never surfed in a contest before? Don t stress - we have a `Rookies Division` for those who don t think they re quite ready for the ASP yet. Our video-taping sessions and helpful advice will have you guys ripping in no time! Make the team, and you score tons of killer free stuff from our sponsors! Last year we took second at the National, in 1996 we re going for gold.

In the 2nd semester, we take on Stellenbosch at Intervarsity, and Cape Tech in the `Kings of the Cape` clash. The annual Open Club Championships and prize-giving function are also held.

Cape Town is blessed with both epic surfspots and regular and often sizeable swells. The Surf club exists to help you get the most out of your surfing time here. So, if

you re Wilbur Kookmeyer, a style bandit soulmeister or a promising talent, we need you!

Contact

DUNCAN SCOTT

685 2429

ROB SCHEMBRUIKER

685 6803

RYAN FRONDE

685 2429

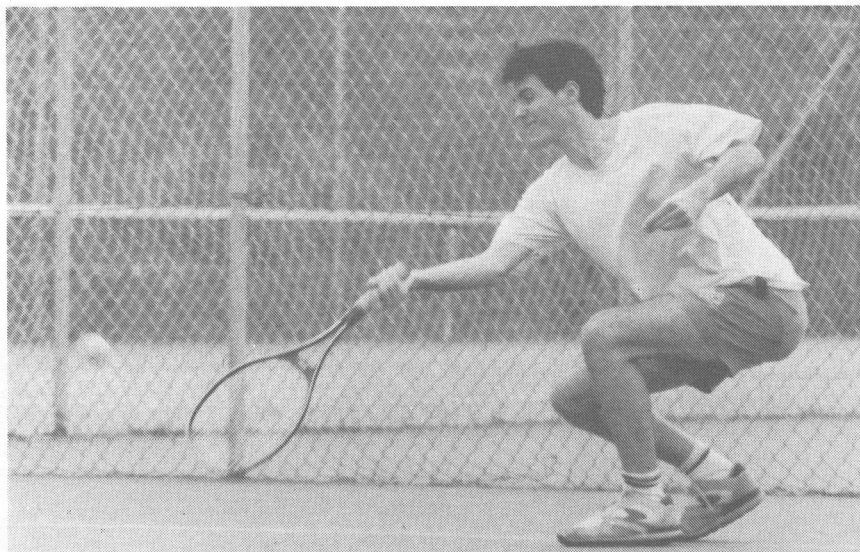


TABLE TENNIS

The Table Tennis Club at UCT has a long and distinguished history within the Western Cape and also on the National arena. We are well known for the quality of our players and also the sportsmanship of our members.

Last, we a 1st and 2nd place in the Trivarsity Tournament and a third place in the Intervarsity (with 3 players graded within the top 8) In the Western Province League, the 1st team managed a creditable 3rd place, with the other 4 teams having mixed fortunes.

The Club tries to accommodate players of all levels. The Club s stronger players are always available to assist with coaching and practice. The Club has two practice nights a week, one on Wednesday evenings and the other on Sunday evenings.

If you are interested in playing the game, come and talk to us on the Plaza during Orientation Week, attend a practice or telephone a

committee member. So come and join one of the world s most played sports.

Contact

JAMES LIESEGANG

689 1366

SEAN POMARIO

797 8456

TENNIS

The UCT Tennis Club continues to be one of the more popular clubs on campus. We have a very active competitive league as well as enjoyable social practice - something for everyone!

The highlight of our social calendar are our weekly happy hours (Friday 17h00 - 18h30) and of course the infamous dinner Dance. Everybody is encouraged to enter the annual Club Championships, since it presents the perfect opportunity to get involved and meeting fellow tennis enthusiasts. For the more serious players it is a chance

to join the squad from which the team to the SASTA (SA Students Tennis Association) Tournament will be chosen. An excellent incentive! The Freshers Tournament, played in a round robin format, is aimed at getting everybody involved as soon as possible and this competition should certainly not be missed.

Please check the noticeboard for details concerning development coaching. Social practices will be held on Wednesdays from 17h00 till 19h00.

Provisional dates for club activities (check the noticeboard for definite dates and times).

Freshers Tournament -
26/27 February

Club Championships -
early March

First Happy Hour -
26 February

Contact

TIM DEANE

689 8731

DEBBIE STOCKS

531 2614

TRIATHLON

Triathlon at UCT has been relatively inactive over the last three years **THIS HAS CHANGED!!!!**

Our aim is to improve the of involvement of students at triathlons, as well as to provide a useful service to club members. At each race we will have a central place to secure gear etc, as well as having a box of spares for those who forget their helmets, goggles ,waterbottles etc. If you are at all interested in running, swimming, cycling or all three, then join the Tri-Club. We will be arranging teams at all events as well as catering for duathletes (cycle-run only)

Contact

WERNER VAN KETS

794 1600

LEE COBHAM

762 5562

UNDERWATER CLUB

Welcome to the UCT Underwater Club 1996. This promises to be another exceptional year in which we continue to upgrade our facilities and service.

The Underwater Club caters for four main underwater activities, namely SCUBA diving, spearfishing, underwater hockey and SCUBA orienteering. Although SCUBA diving is our most prominent activity, we

are continually trying to increase interest in our other pursuits. There are various spearfishing competitions throughout the season, and regular as well as potential spearfishermen(women) are catered for with regular training outdives. There are also various hockey fixtures and regular training sessions for regular and potential underwater hockey players. A team representing UCT competes at the annual SASSU event every year (i.e. old SAU), and the club boasts several national and provincial hockey players and spearfishermen(women).

The club owns a brand-new 5m Stingray duck with twin 50hp Yamaha autolube engines, which is equipped with a hummingbird echosounder and a 29meg radio, and is licensed to carry eight divers. We have 22 full SCUBA sets, most of which are equipped with octo's, a Bauer air compressor and extra tanks, all housed in the Compressor Room in the Sport Centre. The Underwater Clubhouse is equipped with a fridge, braai facilities and music system, and is situated behind the Kopano pool. The club has a membership of about 280 people, one of the largest at UCT.

Club dives are conducted on average one a week, weather permitting. Equipment is available for hire to all members at designed each week at a small fee.

The club is affiliated to the South African Underwater Union (SAUU), and numerous diving related courses, from beginners courses to

compressors courses, are run by the club throughout the year at far lower prices than the commercial equivalents. The club has experienced NAIU and SAUU instructors at its disposal.

The social aspects of the club is also catered for with general interest talks, club braais, legendary parties and relaxed clubhouse get-togethers. Basically there is something for everyone, whether you are more social than diver or more diver than social.

Please keep an eye on the Underwater Club noticeboard in the Students Union, as it is the essential link between the club and its members. Contact us for further details, or visit our stand on the Plaza during Orientation Week (look for a big, beautiful boat!).

Contact

NIC WOOLAWAY

7946964

MALCOLM FAIR (Equipment)

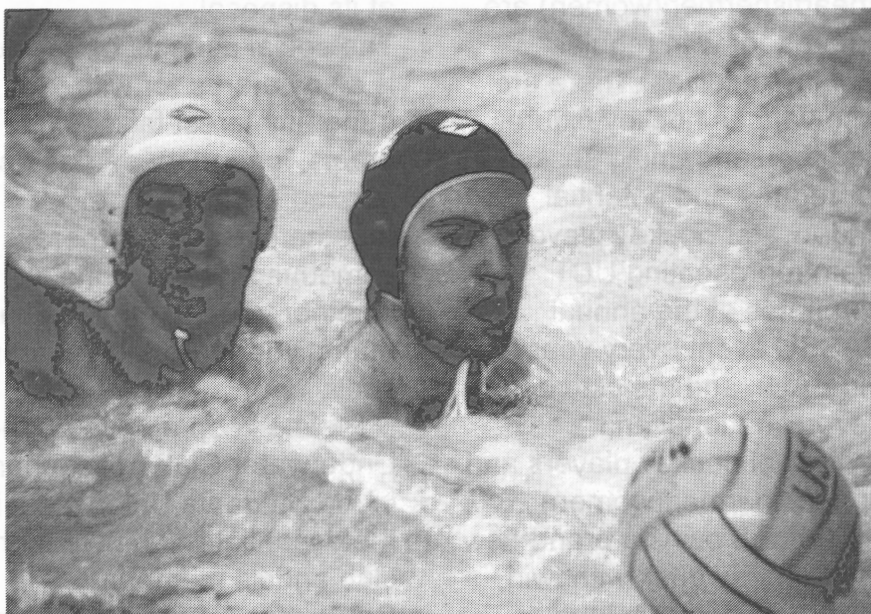
610785

JUSTIN BOTHNER

6898731

VOLLEYBALL CLUB

The club's biggest achievement in 1995 was the male's first team winning the SAU (SA Universities tournament for the second time in succession sine unification. The ladies first team finished fourth in the same tournament. Three of our teams participate in the W. P/ League competition. The ladies and men's first



teams are in the premier division and the men's second team in the first division. The club also has a beach court on middle Campus, next to the Education building. Beach Volleyball equipment can be hired from the club to use on the beach court or on the beach. 1996 will be a fun year with lots interesting events happening. For future information come to our table on the plaza during orientation week, where you can also meet some of the club members.

Contact
NIKKI WITTRIDGE
(W) 650 3674 (H) 434 6333.
MONIQUE MELLEM
448 1062

WATERPOLO

The UCT Waterpolo Club is growing from strength to strength. We now have 5 teams in the Western Province league. There are 3 men's teams and 2 women's teams. This allows for members to compete at all levels.

The club is one of the largest in Western Province and has the expertise of a Hungarian coach, Karoly von Toros, and the experience of a number of SA and Provincial players. There are a number of exciting things to look forward to in the year ahead, namely the Intervarsity, the Rondebosch Tournament and the Winter league. Our club house will also be used for club evenings.

In December 1994 the UCT men's 1st side won the SA

Tertiary Waterpolo Tournament held in Bloemfontein. UCT had 4 players selected in the top 13 players of the tournament and another 2 made the B-side. For the first time a UCT women's side played in the 1995 South African Students Women's Tournament held in Durban. In the men's 1st team one of the players captained the SA U/20 team that went to Egypt.

The sport in the Western Cape is starting to be played all year round with an indoor winter league and a summer league that goes right into the middle of December.

Anybody interested in playing waterpolo should come and sign up during Freshers Week.

Contact

ANTHONY DAYSON

448 8566

KARI PRICE

616 867

WATER - SKI

Welcome to another wet, water-skiing year. UCT Water-ski Club operates from Zeekoevlei, about 15 kilometres from UCT. We have our own 130hp ski boat and all other necessary equipment and recently our spanking new boat shed was completed, adjacent to the Rowing club Boathouse at the vlei. Water-skiing is increasing in popularity. It is also one of those addictive pastimes. Once you try it for the first time, no matter how

bad you are, you will always want to come back. We also hit the long road some time and trips to Clanwilliam, Kwaggaskloof and other popular skiing spots are on the cards. We offer weekly ski s at ridiculously low prices.

Contact

MICHAEL HARRIS

794 6553

LIZ VADAS

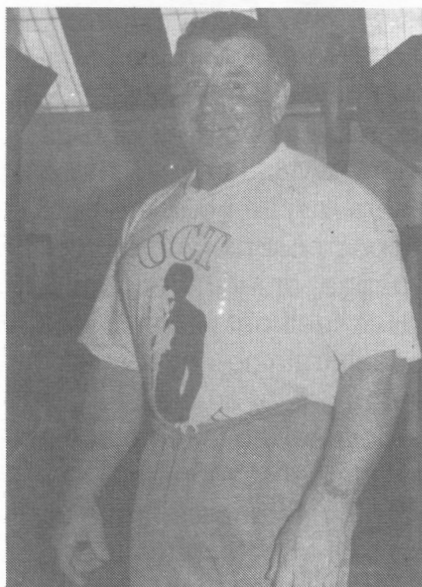
438 9908

WEIGHTS CLUB

The UCT Weights Club welcomes all new students to UCT and we hope you have a great time at UCT. The Gym is situated in the north- eastern corner of the Sports Centre on the upper squash court level, and boasts excellent training facilities for Bodybuilding, Powerlifting, Circuit Training and general fitness workouts.

The Weights Club is privileged to have outstanding coaches in Ron and Brian Collins, who both possess a wealth of knowledge and experience in the field of weight training and general fitness. Ron Collins is multiple S.A, British and World Powerlifting Champion, and has recently been assigned coach of the S.A team.

Ron and Brian is on hand to give expert advice, coaching and nutritional information to all Weights Club members. The Gym is widely used by sports people of all codes for official training and by many students who merely want to keep in shape.



Although 1995 proved to be fairly low-key, UCT Weights Club has over the past four years produced many successful bodybuilders and powerlifters. Notable performances were as follows:

Times of operation

Mon-Friday 08h00 - 21h00
Saturday 09h00 - 13h00
Sunday 10h00 - 13h00

Exam Times

Mon-Friday 12h00 - 14h00
17h00 - 20h00
Saturday 09h00 - 13h00
University vacation and Public Holidays:

Mon-Friday 16h00 - 19h00

We will be having an Orientation programme in the gym to get all prospective members acquainted with the facilities, as well as providing a guide to training and nutritional advice. Don't forget to visit us on the plaza where you will be able to sign-up for the Weights Club. Also available will be weights Club tracksuits, T-shirts and vests.

Contact

SEAN MOODLEY

4484239/40



WOMEN'S HOCKEY

If you thought hockey was merely chasing madly after a luminous ball for seventy minutes... you have not played hockey for UCT. With our new astro turf, plans for a new club house, more exciting league structures and hosting the 1996 Tertiary Hockey Tournament, this season promises to be something special.

Last season was a success; not only did we get our astro (which all teams get a chance to play on) but all our teams finished in the top six of their respective leagues. UCT was represented in the U/21 and senior Western Province sides and came fourth in the Tertiary Tournament. Practices take place twice a week, either at the Astro or Oval and trials are usually held at the end of March.

But we don't just play hockey! The social side to UCT Hockey received a boost last year with the new Spirit Committee and anyone who attended the seven-a-side tournament would testify how

successful it was. Numerous fines meetings and get-togethers break the monotony of practice-win game-practice. The addition of a new club house will also serve to create more unity amongst club members. Our new integrated committee of 1996 has set the example by involving players from both the women's and men's clubs as well as from all other teams. The season closes with the highly popular Final Dinner.

So, whatever level of hockey you want to play, join up and experience Varsity hockey on and off the pitch. Visit us at the Plaza during Orientation week or keep an eye on the notice board in the Students Union.

Contact

JO HENDERSON

6893047

YACHTING

UCT Yacht Club offers new and returning students an excellent opportunity to get into the exciting and growing sport of sailing. In a city renowned for its hectic winds you will get perhaps the best conditions to experience the adrenaline rush that has millions of sailors hooked, world-wide. Adrenaline aside, it is the only way to stop the wind driving you crazy. (of course the library does offer some escape!!!)

The Yacht Club has excellent facilities that are all available for our members

usage, any day of the week. We have a clubhouse on the Zeekoeivlei peninsula and we sail two Lasers, four Sprogs and two Windsurfers. There is also a rescue boat, the trusty Hippocrocadux, and a Quagga, an eighteen foot day sailer keelboat which is ideal for sail training and sunset and midnight cruises.

Most sailing takes place on a Friday afternoon and evening. Members arrive at the Vlei after lectures or during lectures if they really can't wait that long. The Club usually supplies transport if there is a demand for it. There is an afternoon of sailing, either social or short course match racing, followed by a sunset booze cruise and a braai. The clubhouse bar, which is always amply stocked, is often instrumental in getting the party going. Apart from the regular Friday sailing the Club organises various weekend activities. We host the annual Frostbite Regatta and we will try to organise mini-regattas for our members. Novice sailors should look out for our Sailing course (for absolute beginners) which will be run over the first weekend of the semester.

We also have a Keelboat section. Although the Club doesn't own its own Keelboat, the sailing community is very supportive of the Varsity and take our members sailing on Wednesday night races. Plans are being made to organise a boat which we can use for keelboat training on a regular basis. Several of our members were involved in the Cape to Rio and our Keelboat officer was on H²O

International, the UCT entrant in the race.

In a nutshell... The UCT Yacht Club is an excellent way to get into a sport that you can enjoy for life while at the same time meeting a great bunch of people. We will have a desk up on the plaza and a more comprehensive booklet giving you more information on the club. Come and meet us, hear about the club first hand and before you know it you'll be on the water having the time of your life.

Contact

ANGUS MCPHAILL

686 6121

BORIS ALTMANN

794 5801





SBSA310356/HUNT LASCARIS TBWA

To get ahead these days you have to make that extra effort. Working nights does help bring in additional cash but it's not nearly enough. Or wasn't.

I study during the day and before I discovered the Standard Bank's StudentPlan things were real tough.

I qualified to apply for a Student Loan for university or

Every night
we
wait on
customers.

But by
day
the bank
waits on
me.

technikon studies at a preferential rate, a cheque account that

charges low bank fees, a PlusPlan savings account that has no bank charges provided Standard Bank ATMs are used, and no minimum balance. And everything is controlled by my AutoBank card at any ATM, anywhere, anytime.

It sure is nice to have someone waiting on me for a change. Even if their legs aren't nearly as great as mine.



With us you can go so much further.